

## 1 The objects of the Reflections CIO are:

1. To relieve the needs of people with dementia for the public benefit by:
  - a) Providing them with support so that they can remain in their own home for as long as possible
  - b) Working to reduce social isolation and promote equality and wellbeing for people with dementia and their carers in the London Borough of Greenwich and in such other parts of London or Kent as the charity trustees may from time to time think fit
2. To fulfil such other purposes which are exclusively charitable according to the law of England and Wales and are connected with the charity work of the charity.

## 2 Operational details

### 2.1 Trustees

Peter Ley – Chair  
Deb Wallis - Treasurer  
Sarah Carroll – Secretary

Tatiana Florea  
Marc Carroll  
Janet Ley

### 2.2 Membership

Membership of the charity is restricted to the trustees.

## 3 Summary

The Reflections web site ([reflectionsgreenwich.com](https://reflectionsgreenwich.com)) includes regular updates and links to support and information sites.

## 4 Groups

### 4.1 Friendship Group

Weekly 1-3pm.

Average attendance 30. Pool of 14 volunteers

The first hour has the group in two rooms: the members may choose from: two craft groups; puzzles, word-searches, colouring, dominoes. The second hour has people to move to the largest room to hear a singer and join-in with singing and dancing (if they wish).

For the whole year we had a representative from the Greenwich Carers Centre at each session to offer advice for individuals and families.

### 4.2 Carers Group

Monthly 7:30-9pm. Maximum group size 12. Average attendance 7. Regular team of 3 volunteers. On Zoom.

This is a self-help group facilitated by Janet and supported by Tatiana. A 3<sup>rd</sup> volunteer attends to take notes of the meeting. We have a core of long-standing members with some new joiners. This group is very well established and provides considerable mutual support. The members wish to continue meeting on Zoom, as this is easier to fit-in with their caring and work responsibilities.

## **4.3 General issues arising from Groups.**

Numbers at the Friendship Group continue to grow slowly. Members are not always able to attend due to a variety of, often health related, issues.

## **5 Volunteers**

### **5.1 Group volunteers**

Reflections could not run without our excellent volunteers. We have a pool of 15 volunteers for the two groups.

### **5.2 Other volunteers**

Reflections is supported by additional volunteers who undertake ad hoc work for the charity. The website is supported by an IT professional who also gives advice on a broad range of hardware and software issues. The trustees step in and support groups at particularly busy times.

## **6 Premises**

### **Shrewsbury House**

Reflections runs the Friendship Group in our local community centre. The management and staff are welcoming and supportive. The café manager has continued to offer the group teas and coffee at £1 as well as the tempting selection of delicious food and diverse drinks.

## **7 Partnership working & Promoting Reflections**

Reflections continues to be an accredited organisation as part of Dementia Inclusive Greenwich.

### **7.1 Oxleas memory clinic**

Oxleas provides a dementia assessment and diagnosis service.

### **7.2 The Greenwich Carers Centre**

The Greenwich Carers Centre has had regular representation at the Friendship Group. They have offered consultation and advice sessions as an option in our meetings.

### **7.3 Rotary Club of Greenwich**

The club has continued to provide annual funding to Reflections.

### **7.4 Reflections web site**

The Charity has blogs on our groups and activities, and background information on the group and relevant providers. The web site is an ongoing record of our activity, designed for any user. It is run to raise our visibility and ensure transparency for our work. The site is our main resource for showing the work of the charity to other community groups, funders and anyone who wants to know more about what we do.

### **7.5 ASDA Community Life Champion**

Reflections is supported by our local ASDA Community Life Champion who provides occasional sundries to the group such as soft drinks, cakes and stationery items.

### **7.6 BLG Mind**

Reflections is supported by BLG Mind who signposts people and makes referrals to our groups.

## 7.7 Memory books

We have books filled with photographs of Friendship Group sessions. The books have continued to be updated with weekly additions from our online group. These books are primarily for the use and enjoyment of group members though also used to showcase the group to visitors.

## 8 Meetings and training

### 8.1 The Greenwich Dementia Action Group (DAG)

The DAG, run by Greenwich Council, leads the development of coordinated dementia services across the borough. Janet is our representative.

### 8.2 Playlist for Life (PfL) Help Point

Music is an integral part of what Reflections does. Working with PfL is a good fit with the Charity's aim. We continue to promote PfL ideas with members and on our website.

### 8.3 Dementia Inclusive Greenwich (DIG)

Reflections is part of DIG. DIG promotes a dementia inclusive environment "In order for each person living with dementia and their carer to live as independently for as long as possible, the environments need to be dementia inclusive. Creating dementia inclusive environments can assist people to feel valued and included; they need to feel part of their community. A dementia inclusive environment is not only the built / physical environment but also the social environment. Both are equally vital to the wellbeing of the person with dementia and their carer."

### 8.4 Cognitive Stimulation Therapy Group (CST)

The local memory service runs CST groups several times a year. These groups held over a number of weeks are designed to provide stimulation for people with dementia. On the last session family members are invited along as is Reflections, so we can promote our group and encourage the people to attend, so they can continue the friendships they have made at the CST group

## 9 Budget

Income £3,760

c/f from last year £11,552

Expenditure £5,449

Balance £9,863

See appendix 1 for breakdown of income and expenditure.

### 9.1 Income highlights

Reflections has benefitted from two organizations and many in memoriam donations.

- Greenwich Rotary Club £500
- Pearly Kings and Queens £300

### 9.2 Expenditure key costs

- Entertainers £1,900
- Room hire & Centre affiliation £1,610
- Consumables £170
- Volunteer expenses £411
- Zoom subscription £144
- Insurance £205
- Annual management cost £ (storage & mobile phone) £192

## **9.3 Commentary on budget**

Reflections' costs in our four major areas of expected expenditure have returned to pre-pandemic levels. We pay for rooms in Shrewsbury House, entertainers, consumables and volunteer expenses. We have not looked for funding, as this is not necessary at present given our reserves. However, we are very grateful for the donations that have come to Reflections during this difficult period.

## **10 Issues affecting the running of the charity**

The chair of trustees/joint leader continued with his cancer treatment. Peter continues to be Chair of trustees.

## **11 Future plans**

Reflections will expand its Friendship Group numbers. We aim to run a relatively small charity, and run it to a very high professional standard.

### **11.1 Promoting Reflections**

The website is a key promotional tool for the charity. Janet promotes our work via the Dementia Action Group and Cognitive Stimulation Therapy Group. We are grateful to the Greenwich Carers Centre and BLG Mind who refer people to our services. We also circulate posters and leaflets in the local memory service and to key organisations and locations.

Report prepared by Peter Ley (Chair of Trustees)  
Report agreed by the Reflections trustees on 11 December 2023

## Appendix 1

In year expenditure and income				
Expenditure		Income		
£1600	Room hire	£0	Grants	
£152	Centre affiliation fee + storage	£3760	Donations & fund raising	
£1900	Entertainment & speakers	£0	Gift Aid*	
£411	Volunteer expenses incl. training			
£50	Subscriptions			
£130	Paper & printing			
£170	Consumables: stationery, pens +			
£0	Activities			
£0	Books, DVD, Music, Puzzles			
£205	Personal liability insurance (2years)			
£12	DBS checks			
£399	Events food & drink +			
£0	IT, electronics & machines			
£192	Management & administration			
£219	Online presence			
£5449	Expenditure for current year	£3760	Income for current year	

\*Gift Aid claim held over to 2023-24